

incorrect evaluation of the obvious symptoms of hyperthyroidism in mild cases of acromegaly whose minor bony and soft tissue changes have been overlooked.

CYRIL B. COURVILLE,
College of Medical Evangelists.

Radiology

Opaque Media in Diagnosis of Maxillary Sinusitis.—Maxillary sinusitis is one of the most common pathological conditions, yet continues to be treated often by the so-called "trial and error method." In not less than half the cases it may sooner or later be associated with infection of ethmoid, sphenoid and frontal sinuses. In the study of maxillary sinusitis by roentgen-ray methods after injection of same by opaque media such as iodized oils, we have an excellent method of determining the type of treatment to be followed. The American-made iodized rape-seed oil (campidol) is probably more useful than the foreign-made lipiodol and iodipin, which are not so easily diluted. Some of the neglect to study these cases by opaque media is traceable to the roentgenologist who believes he can diagnose all cases of polyps and thickened membranes without the use of such media. I believe it is fair to state that even in the most experienced hands, not over 40 per cent can be so diagnosed. Repeatedly we see cases that have had the benefit of this expert opinion and the only x-ray diagnosis is an even cloudiness of antrum on the x-ray film. This finding is sometimes paralleled by an increase in density on transillumination, but not always. Patient has usually been under treatment from six months to a year by several specialists, there is no discernible discharge from the nose, washings from the antrum are negative, yet patient has a small amount of clear discharge from nose at times, takes cold easily, wheezes, has headaches, dizziness, nausea, etc., and possibly a history of nasal polyps, bronchiectasis or toxemic states. When these antrums are injected with opaque media and then x-rayed the lining membrane is shown to be 4 to 8 mm. in thickness. It is therefore clear that any other treatment than the radical Caldwell-Luc operation will not get results. Often polyps are shown in this way that appeared as an even cloudiness on the x-ray film by the best x-ray technique. This is usually true of multiple polyps in the antrum. Some rhinologists apparently lose interest or make a diagnosis of nonsuppurating hyperplastic membrane, yet when these are operated on, the pathologic findings are certainly good evidence that they can give rise to neuritis, etc., as much as an abscessed tooth can do so. The changes of the thickened membrane in the antrums are usually those of inflammatory edema of the mucosa and submucosa, often infiltrated with lymphocytes. Surface at times shows irregular erosion; these latter cases as a rule have less evidence of edema than the others and are not quite so thick. The amount of vascularity varies, thin-walled vessels occur quite often. It seems reasonable that absorption from this membrane is easily possible, even if the

surface washings are negative for presence of pus. Certain it is that the membrane is not normal and should not be neglected surgically. Also certain is it that x-ray examination after an opaque medium is injected will indicate when radical operation is advisable and will prevent much of the economic loss otherwise apt to come to the unfortunate patient afflicted with chronic hyperplastic maxillary sinusitis.

HENRY SNURE, Los Angeles.

Beware of So-Called "Health Foods," Say U. S. Food Law Officials.—The American public should beware of "health foods," "life grains," and other food products for which makers claim curative or health-giving properties, say officials of the Food, Drug and Insecticide Administration, United States Department of Agriculture.

The administration believes the use of the word "health" in connection with foods constitutes a misbranding under the food and drugs act. "The use of this word implies," says W. G. Campbell, chief of the administration, "that these products have health-giving or curative properties, when, in general, they merely possess some of the nutritive qualities to be expected in any wholesome food product."

"The label claims on these products," he says, "are such that the consumer is led to believe that our ordinary diet is sorely deficient in such vital substances as vitamins and minerals, and that these so-called 'health foods' are absolutely necessary to conserve life and health.

"In the enforcement of the food and drugs act, it is necessary to warn manufacturers of these products to have their labels conform to the facts of medical science and actual laboratory tests. The Food, Drug and Insecticide Administration does not object to calling these products 'wholesome,' provided they are wholesome, but the effort to give the impression that we all need something added to our everyday diet if we are to avoid nutritional disaster is a misrepresentation which the food-law enforcing authorities aim to combat.

"So-called 'health-giving' biscuits, foods, and waters are not only a waste of money if purchased for their curative properties but are responsible for a more serious loss because their use is relied upon as a substitute for appropriate corrective measures, such as a proper diet, exercise and sunshine."—U. S. Dept. of Agriculture, Press Service.

Mental Hygiene.—First International Congress on Mental Hygiene will be held at Washington, D. C., May 5-10, 1930. The Congress is sponsored by mental hygiene and related organizations in more than twenty-six countries.

Progress is being made in the organization of the First International Congress on Mental Hygiene, to be held in Washington, D. C., May 5-10, 1930. Educators, psychiatrists, other physicians, public officials, social workers, industrialists and many others from all over the world are expected to be present when the Congress convenes.

Herbert C. Hoover has honored the Congress by accepting the position of honorary president. Already twenty-six countries are represented on the committee on organization, of which Dr. Arthur H. Ruggles, of Providence, R. I., is chairman. Dr. William A. White, of Washington, D. C., is president of the Congress, and Clifford W. Beers is secretary-general.

Questions to be discussed at the Congress will include the relations of mental hygiene to law, to hospitals, to education, industry, social work, delinquency, parenthood and community problems. A world-wide view of mental hygiene progress will be given. Administrative headquarters have been opened at 370 Seventh Avenue, New York City, where John R. Shillady, administrative secretary, is in charge.